

Chair Exercises

See your doctor before trying this workout if you have any injuries, illnesses, or other conditions. Use a sturdy chair on a non-slip surface and wear loose-fitting, comfortable clothing. Exercise for the suggested time until you build up your strength and stamina. Once you are stronger, you can increase the number of repetitions.

Warm-Ups: Repeat each exercise 5 times.

1. Head Tilt

Tilt your head left then right.



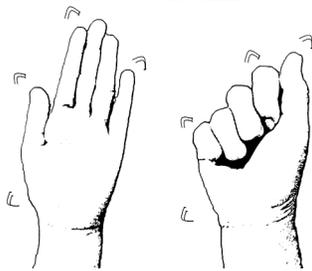
2. Shoulder Shrug

Lift your shoulders up and down.



3. Hand Grip

Stretch your arms forward. Make fists with both of your hands then open and close them.



4. Claps

Clap your hands.



Head-to-Toe Exercises: Repeat each exercise 5 times.

5. Arm Raise

Raise your arm over your head, then lower your arm forward. Switch between the right and left arm.



6. Arm Switch

Extend one arm out to the side and keep the other one to your chest. Switch between the left and right side.



7. Upper Back Stretch

Stretch both arms forward. Tilt your head down and stretch for 5 seconds. Return to a sitting position.



8. Triceps Stretch

Bend your arm behind your head. Stretch by holding on to your elbow. Repeat with the other arm.



9. Paddling

Paddle on both sides of the chair as if you are in a canoe.



10. Biceps Curls

Hold a book, bottle, or dumbbell in each hand. Bend your elbows and bring the object towards your shoulder. Straighten your elbow again.



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Head-to-Toe Exercises: Repeat each exercise 5 times.

11. Overhead Lift

Hold a book, bottle, or dumbbell in each hand. Lift both arms above your head. Lift both arms above your head. Slowly bring down your arms.



13. Ankle Circle

Rotate your foot in a circular motion 5 times. Repeat in the opposite direction. Switch between your left and right foot.



15. Floor Touch

Bend over and touch the floor while the opposite arm is extended upward. Switch between the left and right side.



17. Hiking

Move your feet as if you are marching while swinging your arms back and forth.



12. Spine Twist

Slowly twist from side to side.



14. Knee Raise

Raise your knee to your chest and hold it in place. Switch between the left and right leg.



16. Cycling

Hold on to your seat and pedal your legs as if riding a bike.



18. Swimming

Move your arms and legs as if you are swimming the breaststroke.



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